



ORDINARY MOUNTAIN BASIL - ORIGANUM VULGARE

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Annotation

About the medicinal plant Tograykhan, its medicinal properties, the impact on the consumption of products from it is presented in an easy and understandable form.

Keywords. Ether is mine. Content. Dripping. Industry. Medicine. Substances. Boil. Plant.

Introduction

Human life is connected with the plant world, from which a person receives the necessary vitamins, proteins, macro-microelements, carbohydrates, fats and various organic acids.

We all know that its importance was recommended by our ancestors, great scientists, doctors. That is why we are telling you about one of these medicinal plants - common mountain basil.

Purpose

The purpose of giving this medicinal plant is due to the growing demand and interest of people in medicinal plants, which are available in pharmacies in almost all types of phytophages. It is easy to prepare and consume them at home.

Oregano

This perennial plant belongs to the family of perennials, 30-80 cm high, the leaves are long-ovate, rounded, dark green. It is found in the mountainous regions of Uzbekistan, Central Asia, including the CIS. Blooms in July-August. We use firewood as a product. It contains flowers, stems, leaves and fruits. The collected hay is dried in the open air, in coolness and in special dryers.





Chemically, mountain basil contains 12.5% essential oil, 66.5% ascorbic acid, 4.4% thymol and carvac additives, 2.8% oils and 1.5% free alcohols.

In medicine, mountain ash is used as a laxative, antitussive, sedative, with cramps of appetite, analgesic, increases the activity of the endocrine glands against pain, liver soup, coconut, against pain. Essential oil is used to relieve toothache. Conda reduces the amount of cholesterol. Applied in the form of drops in diseases of hypertension, atherosclerosis, epilepsy. In folk medicine, tograikhan was used as an expectorant, a diuretic for hands, an antiperspirant, against colds, and to improve the smell of medicines. Decoctions from tinctures (when corina is instilled) are used for diseases of the hands and throat, stomatitis, laryngitis and tonsillitis.

Kavalev M.T. (1971) noted that atherosclerosis is used in diseases of the elbow joint, kidneys, liver and blood pressure.

Muhammad Hussein ash-Sherazi (XVIII) said: "When you drink Toghraykhan tincture, it expels all foreign toxins from the body, cleanses deposits, relieves nausea, awakens appetite, improves mood, dissolves kidney stones."

Abu Ali Ibn Sina also mentioned on this occasion that the tincture has the ability to expel upk, burns on the chest, and unnecessary liquids.

A.F. Hammerman (1984) reported that turmeric tincture is used as compresses on the surface for wounds, nervous wounds, in the form of baths for rickets in children, kizammica.

In the food industry, vegetables are salted (preserved) to improve their flavor, kvass is added to add flavor to food, dried fruits are used in brewing (dried fruits are used in the preparation of seasonings), clothes are sprinkled with chopped products. to prevent moth infestation.

Precautions Do not use a freshly cut plant. Not recommended for patients with pregnancy, gastritis, peptic ulcer, low blood pressure.

Conclusion

This medicinal plant is a priceless gift of nature for us, it serves as food for healthy people and healing for the sick. So let's use doctors with such caution in order to use such methods to improve our body according to the recommendations





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